photo by Joe Vaughan

THE CHILDREN II CHOIR OF LIBERTY BAPTIST CHURCH, directed by John Hall and accompanied by Patsy Hughes, will present the musical, "Hey, God, What Is Christmas?" on Sunday, December 11th, at 7:30 p.m. in the church sanctuary.

Children taking part in the musical are, front row, left to right, Kim Beale, Anne Hancock, Jeff Chauncey, Lisa Harrison, Cindy Whitehead, Kenny Richardson, and Anne Caldwell; and on back row, left to right, Suzette Ranson, Ursula Grishaw, David Chauncey, Bobby Hart, David Williamson, Laura Magann, Leslie Ranson and Gwyn Dalton.

The public is cordially invited to attend these services presented by the youth of Liberty Baptist Church.

Messages From The White House

Terria Elliott, Susan Hart and John Harris, left to right, hold up a pamphlet and a picture of Amy Carter which was sent to Miss Marilyn Buckner and Mrs. Rosalie Mitchell's second grade classes at the Appomattox Primary School. Each child was sent a picture and a pamphlet telling the history and showing pictures of the White House. These were accompanied by a nice note from Amy's secretary. The children had written to Amy telling her all about themselves. Amy received their letters on her birthday.

EATING WELL

Perhaps you have heard someone talking about Chinese restaurant syndrome and wondered what it is. A few years ago some people who had eaten in Chinese restaurants experienced such symptoms as tingling of the skin, tightness in the chest, and headaches. While unpleasant, the symptoms were temporary and apparently had no lasting effects. The cause of the symptoms was found to be the use of MSG or Monosodium Glutamate in the food. MSG was used widely by restaurants to enhance the flavor of foods. When used in concentrated amounts it may produce varying degrees of discomfort in one out of four people.

In December of 1975, the New England Journal of Medicine described epilepsy-like "shudder attacks" or "shivers" in two infants, and intense headaches and severe vomiting in a teenage boy; in all three the symptoms were traced to the use of MSG. In one of the infants the symptoms were traced to the use of MSG. In one of the infants the symptoms appeared after she was started on adult foods. Baby foods no longer contain MSG; however, it has been reported that it is being added to commercially prepared adult foods.

Anyone who is on a low salt (sodium) diet should read the list of ingredients listed on the food labels because MSG does contain sodium. MSG should not be used by individuals on a low salt diet.

If you are on a special diet and are uncertain about the ingredients found in some of the food products, be sure to check with your physician, local hospital dietitian or public health nutritionist.

SEE OUR LARGE SELECTION OF GIFTS SEE THE TIMES-VIRGINIAN

READING AND WRITING CONTESTS SPONSORED BY V.E.H.C. CULTURAL ARTS PROGRAM OF WORK

The Va. Extension Homemakers Council is sponsoring a Reading and Writing Contest for all Extension Homemakers.

At the 1978 VEHC Annual Meeting, the following awards will be given:

Reading: A book will be awarded to the VEHC member reading the greatest number of books during 1977.

Writing: A book will be awarded to the VEHC member writing the best article (150 words or less) on the subject "Why I Read."

A certificate will be presented to the county reporting the greatest percentage of members earning VEHC Book Markers Reading Awards during 1977. Appomattox County fell down on the number of persons receiving Reading Awards in 1977, so we don't stand much chance of getting a certificate for this. However, there's no reason we can't win in both the Reading and Writing contests.

A certificate will also be presented to the county submitting the greatest number of entries for the writing contest.

Guidelines

1. Any VEHC member can enter either the Reading or Writing Contest, or both. You do not have to enter one to be eligible for the other.

2. Winner of Reading Contest will be determined from county report. The entries will be judged in the county and the winning entry forwarded to be judged with winners from other counties. Name, address and a list of books read in 1977 should be included.

3. Qualified judges will select the writing contest winner. All county entries should be forwarded to VEHC Cultural Arts Chm. Entries become property of VEHC.

4. The above information must be received by VEHC Cultural Arts Chairman by Feb. 15, 1978.

Katie Martin, Reporter
Appomattox County
Extension Homemakers

FORMER PAMPLIN PRESIDENT TO ENTERTAIN AT PAMPLIN AARP CHRISTMAS PARTY

The very well-known John B. Cunningham, who in yesteryear entertained the people of Appomattox County with his many talents, will be on hand to give his best to A.A.R.P. members and their friends of Pamplin. The meeting and Christmas party will take place at the Pamplin Methodist Church on Dec. 8, at 6:30 p.m.

The long-loved Mr. Cunningham has been totally blind since he was a child, but has always been a talent to remember. He will play the piano for group singing and Christmas cheer.

Vepco Pays County Taxes

Virginia Electric and Power Company has presented checks totaling $376,328 to county and city treasurers in Vepco's Southern Division in payment of 1977 real estate and personal property taxes.

The largest check of $53,235 went to Halifax County Treasurer W. C. Anderson, Jr. Other counties receiving checks included: Mecklenburg, $52,331; Campbell, $37,109; Pittsylvania, $24,469; Prince Edward, $20,376; Nottoway, $15,269; Brunswick, $22,914; Lunenburg, $20,860; Greensville, $14,235; Buckingham, $19,508; Charlotte, $14,157; Cumberland, $18,423; Appomattox, $11,452; Amelia, $7,750; and Bedford, $1,734.

Cities receiving checks included South Boston, $23,217 and Emporia, $9,199.

Vepco's Virginia state and local taxes for 1977 are estimated to total $63,692,000. This includes $23,202,000 for property taxes and $39,947,000 for tax on gross receipts.

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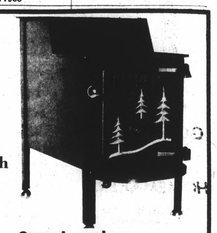

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E78-14	$51.50	$2.53	$25.65	$2.26
F78-14	$55.30	$2.65	$27.65	$2.42
G78-14	$57.55	$2.75	$28.75	$2.58
G78-15	$59.05	$2.79	$29.50	$2.65
H78-15	$63.25	$3.01	$31.65	$2.88
L78-15	$68.35	$3.14	$34.15	$3.09

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H78-15	$42.65	$2.88
L78-15	$45.95	$3.12

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HR78-15	$ 75.90
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G78-15	$32.95	$2.59
H78-15	$34.95	$2.79

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Blackwall Size	OUR PRICE	Plus F.E.T. and old tire
E78-14	$35.50	$2.23
G78-14	$40.00	$2.53
5.60-15	$26.50	$1.77
G78-15	$40.50	$2.59
H78-15	$43.50	$2.79

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GOODYEAR

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Ideas for Christmas Gifts

Many of you are busy shopping and making the last minute items for Christmas gifts. The following are two items that are fun to make and also make nice gifts. We hope you will try some of these ideas.

Ornaments and Wind Chimes

Directions:

1. Preheat oven to 450©. Fill plastic pill bottles ⅔ full with plastic beads.

2. Place containers on foil covered cookie sheet; heat in oven approximately 5 minutes, until bottles are melted flat.

3. Use in wind chimes, tree ornaments or for lollipops. To hang, make small hole in top with heated ice pick or awl; string with transparent thread or thin wire. For lollipops, place heavy 18 ga. wire into plastic before removing from oven. Allow to cool around stems.

Ribbons Turn into Colorful Necklaces

Unusual beads fashioned from strips of ribbon have a distinctive, handmade quality. And creating ribbon beads and stringing them into necklaces is a project that even children can enjoy.

To make a collection of beads, you will need scraps of grosgrain ribbon in assorted colors, patterns and widths. You will also need heavy thread, cotton or silk cord for stringing the beads, white glue, pencils and straight pins.

To make a bead, cut an 8-inch piece of ribbon. Apply white glue to the reverse side of the strip of ribbon, leaving about 2 inches at one end free of glue.

Starting at the unglued end, roll the strip of ribbon onto a pencil. Use a straight pin to hold the end until the glue dries.

When you have finished making the beads, string them onto a length of cord or thread. Knot the ends to keep the beads in place.

Best wishes to each of you as you prepare for the holiday season. If the Appomattox County Extension Office can help you in any way, please call on us. In case you have not picked up a copy of "Christmas in Appomattox," you may call or write the Appomattox County Extension Office, P. O. Box 488, or call us at 352-8244 for a copy of this booklet.

RECIPE OF THE WEEK
Williamsburg Inn Date-Nut Pound Cake

2 cups sifted all-purpose flour
½ teaspoon baking powder
½ cup chopped pecans or walnuts
½ cup chopped pitted dates
1 cup (2 sticks) butter, softened
1 cup sugar
6 eggs
1 teaspoon orange extract
1 teaspoon lemon extract

1. Sift flour and baking powder onto wax paper. Measure 2 tablespoons of the mixture and mix it with the nuts and dates in a small bowl; reserve.

2. Beat butter, sugar and eggs in a large bowl with electric mixer until light and fluffy.

3. Stir flour mixture into butter mixture until thoroughly blended. Stir in orange and lemon extracts and reserve fruit mixture. Turn batter into greased and floured 9 x 5 x 3-inch loaf pan or a 9-inch tube pan.

4. Bake in a slow oven (325 degrees) for 60 minutes for loaf or 60 minutes for tube. Cool on wire rack for 10 minutes. Remove from pan; cool completely.

PAMPLIN ELEMENTARY SCHOOL Menu for December

Fri., Dec. 9 - Tomato soup, cheese sandwich, jello w/fruit, cookie, milk.

Mon., Dec. 12 - Spaghetti, tossed salad, potato chips, biscuits, milk.

Tues., Dec. 13 - Fried chicken, creamed potatoes, green beans, sliced bread, milk

Wed., Dec. 14 - Chicken salad, candied sweet potatoes, green peas, biscuits, milk.

Thurs., Dec. 15 - Chicken Noodle Soup, peanut butter sandwich, carrot & celery sticks, fruit, milk.

Fri., Dec. 16 - Hamburgers, french fries, turnip greens, pineapple, milk.

Mon., Dec. 19 - Turkey w/dressing, candied sweet potatoes, green lima beans, rolls, butter, milk, cake

Tues., Dec. 20 - Ham, green peas, buttered corn, cookies, biscuits, milk.

Wed., Dec. 21 - Hot dogs w/chili, creamed potatoes, buttered cabbage, jello w/fruit milk

Happy Holidays!

VIRGINIA FIBRE REPORTS WOOD PURCHASES FOR WEEK

Listed below is the total dollar volume of wood purchased for the week ending November 27, 1977 by Virginia Fibre Corporation of Riverville. Purchases are listed by counties.

Albermarle	—
Amelia	$ 1,835.08
Amherst	1,507.37
Appomattox	4,476.82
Augusta	—
Bedford County	654.11
Buckingham	7,325.17
Prince William	817.63
Campbell	3,473.21
Charlotte	365.40
Cumberland	1,249.33
Goochland	1,805.29
Nelson	2,276.48
New Kent	—
Pittsylvania	—
Powhatan	670.71
Prince Edward	3,007.39
Total	$29,463.99

We feel this information is of interest to our readers in Appomattox County and in counties adjoining.

4-H Share-The-Fun - Senior Division Winner - Claudette Smith, Extension Agent, presents certificate and scholarship to State 4-H Congress to Tamara Nash. Tamara's award is provided by the Virginia Association of Electric Cooperatives.

4-H Share-The-Fun - Junior Division Winners - Mr. Jimmy Rosser, President of the Appomattox County Farm Bureau, representing the Farm Bureau Women's Committee, presents scholarships to Holiday Lake 4-H Camp to Herman Wheeler and Tony Bailey, top winners in the Junior Division.

4-H Share-The-Fun Held

The 1977 4-H Share-the-Fun Show was held last Thursday evening in the Appomattox County High School Auditorium. Approximately 250 persons attended the program which featured 27 top 4-H Share-the-Fun acts that had been selected for the show. Mrs. Cindy Thomas, former 4-H'er and 1975 State Share-the-Fun winner, served as emcee for the program.

Tamara Nash, a member of the Appomattox Community Senior 4-H Club, was selected as the top overall winner in the Senior Division. She was awarded a framed certificate and a scholarship to the 1978 State 4-H Congress, provided by the Va. Association of Electric Cooperatives. Tamara, the daughter of Mr. and Mrs. L. E. Nash, sang "Send in the Clowns," and was accompanied by Kathy Johnson.

Top awards in the Junior Division went to Herman Wheeler and Tony Bailey, both 5th grade 4-H'ers at Pamplin Elementary School. Tony and Herman were awarded a scholarship to the 1978 Holiday Lake 4-H Camp by Mr. Jimmy Rosser, President of the Appomattox County Farm Bureau. Mr. Rosser represented the Farm Bureau Women's Committee, who have provided the 4-H Camp scholarship for the top Junior act for the past three years. Tony is the son of Mr. and Mrs. Edward Bailey. Herman is the son of Mr. and Mrs. Courtney Wheeler. They sang "See the King" during the Share-the-Fun Show.

First runner-up recognition went to Dean Page in the Senior Division and to Charles Womack and Charles Ferguson in the Junior Division. Dean sang "Follow Me" and "Grounded Boy Blues" while playing the guitar. Charles Womack and Charles Ferguson presented a musical skit called "The Clown and the Jazz Pianist."

Second runner-up recognition went to Rhonda Nash in the Senior group and to Terri Nash of the Junior performers. Rhonda presented a dramatic recitation of "Ragdoll Come to Life," while Terri sang "You Light Up My Life."

Additional Senior 4-H'ers receiving Blue ribbons were: Dana White, Paula Eyler, Tommy Williams and John Caldwell who presented a skit called "Is There a Doctor in the House"; Kathy Lewis who played "Love Story" on the piano; Laurie McLean, Lisa Moore, Susan Parris, and David Caldwell who sang and performed as "David and Company"; and Susan Shorter who recited "Casey at the Bat."

Junior performers recognized as blue ribbon winners and their acts included: Harold Vassar and Steve Hamlett "Commercial Comedy"; Sally Coleman "High Hopes"; Joanie Canada and Patricia Chandler "Baby Face"; Bobby Hart, J. C. Rogers and James Bohannon "Amazing Grace"; Crystal Carter, Todd Pickett, Chris Tolley and Malcolm Miller "The Disco Duckers"; Karen Stevens "Skating Queen"; Maria King "Gypsy Earrings"; Dana Moore, Audrey Moore and Tina Moore "Andy Lou and Mary Lou Go to School"; Susan Morris and Jennifer Inge "The Copy Cats"; Alex Almond "The March of the Martians"; Jo Ann Jamerson and Nancy Cole "The Baton Lessons"; Brett Marston "Gain Fishin'"; Scott Drinkard "The Spinning Top"; Lisa Daubenspeck and Renee Hammer "The Magic Show"; Sandra and Marlene Watkins "The Brick House"; Larry Shorter, Todd Mathews and Bobby Carter "Comedy News Report"; and Jody Williams "The Pink Panther."

Special acknowledgement was given to the following individuals for their assistance with this year's Share-the-Fun Show: Mrs. Betty Bryan, Mrs. Charolette Jones, and Mrs. Joyce Sweet. Lighting arrangements were handled by ACHS Senior, Duane Hogan.

Decorations and back stage work was accomplished by the following members assisted: Susan Parris, Ernie Chenault, Kathy Lewis, Rhonda Nash, Lisa Moore, Laurie McLean, Steve Conner, Richard Conner, Allen Smith, David Caldwell, Steve Mayberry and Greg Mayberry.

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